

UNDRESSED
LILO'S LATEST
ATTEMPT TO
COME BACK (page 13)



FITNESS
WEIGHING
REAL VS.
VIRTUAL
WORKOUTS (page 14)



metalgary et less than the second of the sec

Tuesday, March 1, 2011 www.metronews.ca



News worth sharing.



Winter's grip tight around city

Heavy snowfall and windchill reaching nearly - 40 C have caused many problems throughout the city, and on highways in the region.

Canada wants Gadhafi on trial

Government gives full backing to Libyan protesters {page 8}

Breast milk ice cream removed

Health concerns over dessert leads to probe in London {page 6}

Oil giants get sweet deal: NDP

Alberta's auditor general warned province for more than 10 years that too little money was being pledged by oilsands giants to keep contaminated sites clean

Alberta is changing its payment rules for oilsands cleanup, giving companies a short-term break, but ramping up the long-term costs they must pay.

Environment Minister Rob Renner said yesterday that an announcement is less than a month away, and will accelerate the cleanup of land and water affected by oilsands mining.

"(The plan) is intended to protect the

"(The plan) is intended to protect the public purse, but also ensure there's progressive reclamation, so it's not left until the very end of the life of the mine," Renner told reporters.

The minister made the comments shortly after the opposition NDP released leaked documents of the plan, which the NDP labelled too little money delivered way too late.

NDP industry critic Rachel Notley said the documents show that Premier Ed Stelmach's government — which has so far collected \$1 billion in the cleanup fund — will let it stand pat for the rest of this decade rather than collect another \$400 million as planned.

NDP criticism

- NDP industry critic Rachel Notley went on to say, "Albertans cannot trust this Tory government to stand up for their best interests when it comes to dealing with the energy industry."
- Excerpts Notley presented excerpts from a computer slide show stating oilsands companies are concerned that they're being asked to pony up too much security given that many of their mines are in their infancy.

After that, says Notley, payments are to rise until the fund is worth \$6 billion by 2030, despite cleanup cost estimates of \$30 billion or higher.

"At its very best 20 years down the road, the government plans to ensure that Albertans will have about one-fifth of the security they require," Notley told a news conference.

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Fire destroys home, damages others

Nothing salvageable in destroyed residence: Fire department • Gas lines caught fire, exacerbating blaze



black soot frame and flooded sidewalk is all that's left of the Saddleridge home destroyed by fire yesterday, just three doors down from Maria Chua's house.

Fire trucks had already blocked Chua's street at around 2:00 p.m. when she first noticed flames pouring out of her neighbour's garage.

The fire department had been called to the garage fire at around 1 p.m. and arrived to find a house fully engulfed in flames. A woman who was trapped on the second floor of the home jumped out of the window, injuring her leg, before firefighters were able to reach her, said Brain McAsey spokesman for the fire department.

The blaze shook nearby residents, like Chua.

Team effort

- Firefighters often stay at the site of a fire four hours because once the fire is put out, overhaul and salvage operations begin.
- EMS, Atco, Enmax and Calgary Police Services often assist the Calgary Fire Department in situations such as this, as they did today.

"I peeked and saw the garage on fire and I started shaking," she recalled.

It was then that firefighters came through her backyard with a woman who had been evacuated from one of three homes that ultimately caught fire in the blaze and asked Chua to house her until EMS ar-

Describing the neighbour as shaking and in panic, Chua said it was not long before EMS arrived.

The cause of the fire is still under investigation.



Man accused of killing kids

A Calgary man accused of murdering his two children wept as crime scene photos were introduced into evidence at the start of his trial yesterday.

James Bing Jun Louie, 44, pleaded not guilty to two counts of first-degree murder in the deaths of his children, 13-year-old Jason and nine-year-old Jane, and one count of the attempted murder of his

Defence lawver Noel O'Brien said the cause of the children's deaths is not in dispute but added the case will focus on the accused's mental state.

Crown prosecutor Beverley Bauer said in her opening address that the evidence will show the boy was strangled with a rope while the girl was choked by hand.

Constables Dan Jordans and Tony Moores, the first two officers on scene, described finding the bodies

of the children and then hearing muffled cries from upstairs, reported CTV Calgarv.

Both men say Louie was in the washroom with a rope around his wife's

Moores said Louie continued to pull on the rope despite being confronted by himself and his partner, who finally managed to subdue Louie and free his

THE CANADIAN PRESS

News in brief

Apply now to be a firefighter

HOT JOB MARKET. The Calgary Fire Department is now accepting online applications for the first time in 15 months. Those wishing to apply to be a firefighter can find the online application at www.calgary.ca/fire until March 31. The selection process runs

until August.

Foot burned in balcony blaze

MAYFAIR PLACE. Fire crews responded to a blaze on the 15th-floor balcony of Mayfair Place early yesterday morning. One man was taken to hospital to be treated for burns on his foot. The two other occupants of the unit were fine. Investigators continue to search for the cause of the fire.

News on the move

news

- Download the free ScanLife application with your smartphone at 2dscan.com
- your smartphone to scan 2D barcodes in Metro
- The codes will direct your mobile m.metronews.ca

On the web at metronews.ca



leader says he would welcome allegations of child brides in the community. Video at metronews.ca

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THE ARLINGTON III IS AVAILABLE IN: New Brighton & SkyView Ranch



Students design gaming chair

SAIT instructor develops original prototype New, enhanced design to be unveiled at open house in May



The eruption of gunfire, the whir of an engine, the cheers following that allimportant game-winning

Three students at SAIT are aiming to rev up video gamers' eardrums with these noises and many

Subsonic Chair

Instructor Greg Ball said the original chair would retail for about \$10,000, while his students' newer model would be more affordable at about \$2.000.

Ball's original concept for the Subsonic Chair was named a finalist in an international teen-focused furniture design competition.

The second-year mechanical design technology students have been busy working on a prototype for a gaming chair with a sound system that would rival that of top-ofthe-line automobiles.

"We have used pretty high-tech stuff," said An-drew Gebbie, 19, who is helming the project with peers Chad Gibson and Maarten Opsteen.

"It's pretty much going to enhance the gaming experience a whole lot."

The chair comes complete with roughly \$1,800 worth of audio gear, in-cluding 10-inch suband six-inch woofers speakers.

"You will get the vibration from the subwoofers in your seat as well," said Gebbie, who dabbles in some Call of Duty action in his spare time.

"It takes the rumble



pack in your controller to the next level, almost.... If a grenade goes off, (the noise) will surround you."

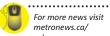
The students were inspired to build the chair by instructor Greg Ball, who developed an original prototype, named the S aptly Subsonic Chair, in 2005.

Ball has used the chair as an example in lectures over the years, but this is the first time students have attempted to create a model of their own.

He said their interest in the subject matter helps drive their dedication to

the project.

"It's much more exciting for them if they can plug into something they like," he said.



For more news visit metronews ca/ calaary

the original chair.

on the house

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News in brief



Nenshi to field questions on live television

SHAW TV. Mayor Naheed Nenshi will be live on Shaw TV tonight answering questions from Calgarians.

During the live broadcast, happening between 7 p.m. and 8 p.m., Nenshi will field questions via phone at 403-539-6710 or emails to shawtv.calgary@sjrb.ca.

Ouestions can also be posted on Twitter using the hash tags #NenshiLive, #yyc and #ShawTV, as well as on the Shaw TV Facebook page.

Young boy hospitalized

NAKISKA RESORT. A young boy was taken to hospital Sunday after falling from a ski-hill chairlift.

The eight-year-old reportedly fell nine metres to the ground while riding up the hill at Nakiska Resort in Kananaskis around 3

Emergency crews were called to the scene and the young boy was flown to Calgary for treatment via STARS Air Ambulance.

METRO

City clamps down on water waste

LEAKS. The city is encouraging Calgarians to tighten their taps and preserve water during Fix a Leak Week, which runs from Feb. 28 to Mar

According to the City's website, leaks can account for 10 per cent of the water use in the average home.

To be entered to win a high-efficiency toilet, please visit calgary.ca/rethinkwater and fill out the survey.

Charges pending for alleged Calgary cab thief

Charges are pending against a suspect who allegedly stole a Calgary cab early yesterday morning.

Around 2 a.m., a taxi driver was assaulted by a customer who then drove off in his cab.

Approximately three hours later, at around 5 a.m., police were able to track down the vehicle after receiving a 911 call from the cellphone in the taxi reporting a motor vehicle collision.

Police located the taxi and the suspect in southwest Calgary.

The taxi driver sustained minor injuries. METRO

The number of latenight taxi stands around the city introduced last year. The late-night service runs between 10 p.m. and 3 a.m.

"Aside from opening a restaurant it was

one of the hardest things I've ever had

to do. The pressure was unbelievable."

Top Chefs return to Calgary

◆ Top Chef Canada premieres on April 11 ◆ Competitors keep hush on reality cooking show results

► Taylor Steedman belts out her rendition of Woman from the musical The Pirate Queen during the musical theatre ballad portion of the Calgary Kiwanis Music Festival yesterday.

Kiwanis Festival begins

It's expected that over 10,000 amateur musicians will participate in the 2011 Kiwanis Festival in Calgary this year. The annual event — one of the largest in North America — began yesterday at the Jubilee Auditorium in Calgary.

Stroke strategy gives doc confidence

Tim Seefeldt never imagined he was suffering a stroke when he awoke feeling "weird" last March.

The 46-year-old credits his wife and daughter with recognizing the symptoms, paired with quick transport and treatment "within an hour" in hospital, for his remarkable recovery.

Seefeldt — one of 5,500 Albertans affected by strokes annually — has not yet regained all feeling on his right side, but rehab has taught the former reporter to read again.

The province released its Provincial Stroke Strategy (APSS) report yesterday, \$42.5M

is the province's funding since 2005 to APSS, an Alberta Health and Wellness, AHS and Heart and Stroke Foundation venture.

which the author says has reduced in-hospital mortality rates by 27 per cent for ischemic strokes and 28 per cent for hemorrhagic strokes, among other progress.

"Today when I am on call I feel more confident in our ability as a system to deliver the appropriate care at the appropriate time," said neurologist Dr. Tom Jeerakathil.

The program includes a hotline for doctors to consult with neurologists if they suspect a stroke, prevention education and 28 stroke centres with better access to treatment.

SHELLEY WILLIAMSON

While the two Calgarian competitors of Top Chef Canada have to remain tight-lipped about the results of the upcoming reality show, both said the experience was life chang-

ng. Rebekah Pearse, former owner of Nectar Desserts and Connie Desousa, co-owner of Charcut Roast House, were chosen to be two of 16 chefs in the national competition.

wrapped up, Pearse said the biggest reward was meeting other chefs.

REBEKAH PEARSE

"It's so rare that you get to hang out with other chefs, because we're always working," she said. "It was fantastic. I had so much fun"

DeSousa said her goal

was to prove women are just as skilled as men in the food industry.

"Aside from opening a restaurant, it was one of the hardest things I've ever had to do," she said. "The pressure was unbelievable."

KATIE TURNER







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Authorities probe use of mothers' milk

 London café takes a licking over ice cream made with breast milk
 Officials have health concerns

Government officials said yesterday they have confiscated ice cream made with human breast milk from a London shop amid concerns the dessert is unsafe.

A spokeswoman from Westminster City Council said it was responding to two complaints from the public over whether a shop should be selling edibles made from other people's bodily fluids and awaiting guidance from Britain's Food Standards Agency.

Viruses, including hepatitis, can be passed on through breast milk. The company has said that the milk was screened. THE ASSOCIATED PRESS

The scoop

The Icecreamists café marketed the ice cream as "Baby Gaga."

- Donated milk
 The company said the
 breast milk came from
 women who responded to
- an online ad.

 Freshly made
 After screening the milk it
 was pasteurized and
 churned with vanilla pods
 and lemon zest.
- The reaction
 The company said it had a
 "huge response" and sold
 out on the day of its
 launch.



Women winning in provincial politics

Women in federal politics might be looking longingly to the provinces these days where female politicians are filling up the top jobs.

There are more than a dozen women leading provincial parties or vying for the leadership straight across the country, compared with the single woman in a federal leadership role — the Green Party's Elizabeth May.

British Columbia's Christy Clark, soon to be sworn in as Liberal premier, is just one of an unprecedented number of women who have ascended to leadership positions.

Ontario NDP Leader Andrea Horwath says the more women that get into leadership positions, the more women will follow in their footsteps.

"I think it will be nice, it will be long past due time, when we see a first ministers conference happening across this country and it



won't be all men in suits it'll be women in suits too," said Ontario NDP Leader Andrea Horwath.

Nancy Peckford, executive director of Equal Voice, says she hopes this latest wave of women in leadership could be a "tipping point."

"The next six months will tell the tale of whether their leadership sticks, and can they manage to keep the support."

THE CANADIAN PRESS

Power women

More than a dozen women are leading provincial parties or vying for the job.

Yukon, B.C., Alberta, Ontario, Quebec and Newfoundland and Labrador. P.E.I. led the way Catherine Callbeck was the

Catherine Callbeck was the first elected female premier in Canada.

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JFK's brother wanted to rent brothel: Memo

- Ted Kennedy allegedly made arrangements in 1961
- Obama administration fought to keep file secret
- Memo claims state official called Kennedy 'spoiled'

An FBI file contends that a young Edward M. Kennedy arranged to rent a brothel for a night while visiting Chile in 1961, a year before he was elected to the U.S. Senate.

The previously edited U.S. State Department memo, dated Dec. 28, 1961, was released by Judicial Watch, a Washington-based organization that said it obtained it through a Freedom of Information lawsuit. According to the memo, the Massachusetts Democrat, younger brother of then-president John F. Kennedy, made arrangements to rent the brothel "for an entire night" in Santiago earlier in 1961.



"Kennedy allegedly invited one of the Embassy chauffeurs to participate in the night's activities," according to the memo. One State Department official described Kennedy as "pompous and a spoiled brat," according to the memo. Kennedy was making a fact-finding trip to several Latin American countries. "Kennedy met with a number of individuals known to have communist sympathies."

Kennedy was a 29-yearold assistant district attorney in Boston at the time of the trip. He was elected to the Senate in 1962 and served more than four decades until his death in 2009.

Kennedy's family members had no immediate reaction to the release of the memo. The ASSOCIATED PRESS

Charges laid after threat to PM's home

A man is facing multiple charges after a midnight bomb threat against the prime minister's residence.

Police in Gatineau, Que., arrested a 35-yearold man early yesterday, hours after the phone threat was made.

Const. Julie Morel, an RCMP spokeswoman in Ottawa, says an investigation by the RCMP's protective detail determined there was no bomb.

Local police and general-duty RCMP traced the

call via GPS to an apartment in Gatineau, just across the river from the prime minister's 24 Sussex Drive residence.

The man, who is known to police but whose name was not immediately released, faces charges of assault and uttering threats with regard to a standoff at his apartment.

THE CANADIAN PRESS

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News in brief



on leadership

BAHRAIN. Photographers demonstrated yesterday in Manama, demanding the information minister resign and condemning state-run Bahrain TV for airing what they claim are fake images aimed at misleading the public.

Protesters escalated pressure on the nation's embattled monarchy.
THE ASSOCIATED PRESS

Protesters set store ablaze

OMAN. Protesters set a supermarket ablaze and ral-

lied at two places in the seaside town of Sohar, about 120 miles northwest of the capital of Muscat, yesterday in a third consecutive day of unrest that has included deadly clashes in the strategic Gulf nation.

Oman, ruled by a powerful family dynasty, marks the latest flashpoint in the Arab world's challenges to authority.

THE ASSOCIATED PRESS

Britain open to military force

LONDON. Prime Minister David Cameron says Britain is working with its allies on a plan to establish a military no-fly zone over Libya.

Cameron did not say whether that meant that the U.K. or its allies were moving to ban Libyan aircraft from flying immediately or simply making plans in case the situation there escalated

Situation there escalated.

But he told British lawmakers yesterday that he
did not "in any way" rule
out the use of military
force. THE ASSOCIATED PRESS

Canada slams Libyan regime

Ogovernment says Moammar Gadhafi should face criminal trial Libyan leader's assets here are frozen

Canada says Moammar Gadhafi should be hauled before the International Criminal Court to answer for attacking his own people.

ple.
The call by Foreign Affairs Minister Lawrence Cannon yesterday came as the Libyan Embassy in Ottawa abandoned Gadhafi and pledged its "utter solidarity" with the prodemocracy uprising.

"We would obviously be in agreement — total agreement — with any resolution that came forward that would bring Gadhafi to the authority of the international court," Cannon said at a UN Human Rights Council meeting in Geneva, Switzerland.

He spoke after the chief prosecutor of the Interna-



tional Criminal Court raised the possibility that attacks on civilians by forces loyal to Gadhafi could result in the Libyan strongman facing charges of crimes against humani

ty.

Luis Moreno-Ocampo said he hoped to decide within days whether to formally open an investigation that could lead to charges. THE CANADIAN PRESS

Mubarak's wife, son grounded in Egypt

Airport officials say authorities prevented the wife and son of ousted Egyptian president Hosni Mubarak from flying out of the Red Sea resort of Sharm el-Sheikh hours before authorities banned the Mubarak family from travelling abroad.

The officials said yesterday that Mubarak's wife Suzanne and younger son Gamal tried to board a private jet Sunday at the airport in Sharm el-Sheikh, where they have been staying since Mubarak stepped down on Feb. 11.

Authorities told them they cannot leave without special permission.

Yesterday, Egypt's top prosecutor seized all the funds of Mubarak and his family and banned them from travelling abroad.

It was not clear whether the ban was issued because they tried to leave

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Project to challenge beliefs about poverty

• Many Canadians say those in need are to blame for problems: Report

While they may be generous enough to whip out their wallets, a new report suggests many Canadians don't appear to be too charitable in their opinions of the poor.

The Salvation Army report finds many Canadians believe the poor have mostly themselves to blame for their lot in life and that poverty is a choice.

While Canadians believe poverty is the third

Poverty line

37 per cent of 1,025 adults polled by Angus Reid said they believe poor "still have it pretty good."

most pressing issue facing the country behind the economy and health care, many don't have a realistic picture of what it's like to be poor, according to The Nearly half believe a family of four could sustain on \$10,000-\$30,000 a year or less.

Dignity Project: Debunking Myths About Poverty in Canada.

"Many Canadians understand that the poor are out there, that they struggle, that they need some form of assistance," said the Christian organization's Andrew Burditt.

Lower-paying jobs, lack of access to job training and affordable housing, mental-health issues and addiction perpetuate poverty, he said.

About three million Canadians live in poverty, a figure that has remained relatively unchanged over the past decade, the report says. THE CANADIAN PRESS

➤ Sharon Robinson, daughter of Jackie Robinson, poses with U.S. Ambassador to Canada David Jacobson, right, and Eric Boudreault, owner of the Montreal home inhabited by the baseball legend in 1946, when he was a member of the minor-league Montreal Royals.

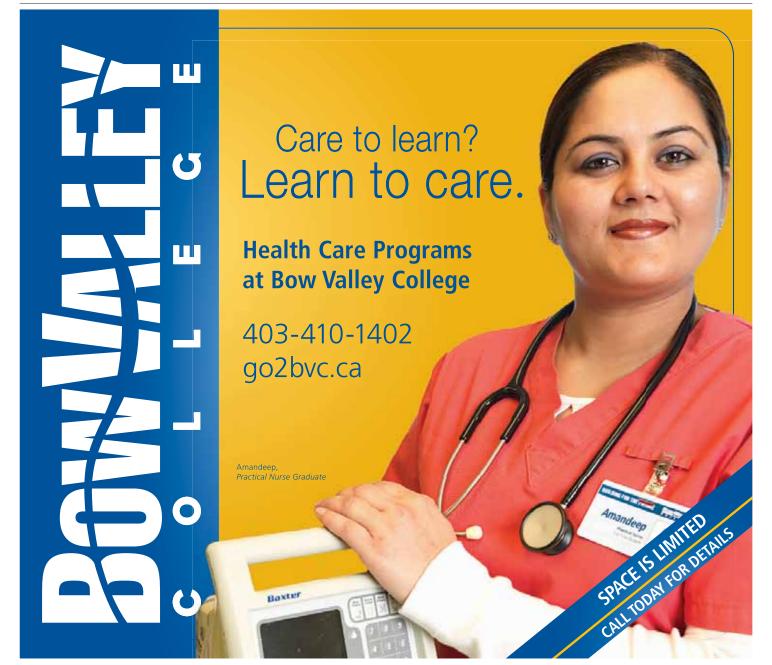
Nod to sports legend

The U.S. government yesterday paid tribute to its northern neighbour for contributing to the end of segregation in baseball and to the greater history of American civil rights.

American diplomats gathered to unveil a plaque at the Montreal home where Jackie Robinson lived in the summer of 1946 as he prepared to break baseball's infamous colour barrier.

Robinson played one season with the Montreal Royals, his last stop before going to the major leagues.

THE CANADIAN PRESS



Surging GDP bodes well for 2011: Analysts

December alone saw growth spurt of 0.5 per cent
 Pre-tax corporate profits came in at 41 per cent

Canada's economy was surprisingly hot at the end of last year, setting the stage for a fast start in 2011 that bodes well for jobs and other economic indicators.

The economy grew 3.3 per cent in the last quarter of 2010, a full point stronger than the Bank of Canada had predicted.

Adding to the good news, Statistics Canada revised the results of the third quarter upwards to 1.8 per cent from one per cent, meaning the country finished the year with an overall 3.1 per cent increase in gross domestic product.

"On balance, this report stands up to careful scrutiny in signalling greaterthan-expected breadth of growth in the Canadian economy," said Derek Holt, vice-president of economics with Scotia Capital.

There were three main ingredients to the strong quarter. Exports surged 17 per cent annualized, helping to bring along manufacturing, which surprised on the upside, and consumer spending, which jumped 4.9 per cent.

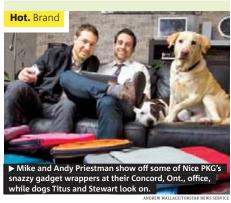
Bank of Montreal economist Douglas Porter said the strong handoff means the first quarter of this year should come in even better, at about 3.5 per cent. Porter and other economists project three-plus growth for all of 2011, well above the Bank of Canada's 2.4 call.

But there were downside surprises in the GDP report. Inventory buildup fell, not usual during a recovery, and business investment in new machinery and equipment was flat, though the previous three quarters had been strong.

THE CANADIAN PRESS

The Bank of Canada set the interest rate at one per cent in September, but the economy's strong showing could spur

the bank to raise it.



Nice work if you can get it

As Mike and Andy Priestman have proved, the words "stylish" and "digital" needn't be mutually exclusive. The brothers founded Nice PKG, billed as a "purveyor of fine digital accessories," in 2009. Since then they've built a \$1-million company by wrapping up laptops, phones and other tech gear in natty bags, sleeves and cases.



Metro expanding to two new cities

Metro Canada will launch newspapers in London, Ont., and Winnipeg on April 4. The new editions join seven other Canadian cities and more than 100 major centres around the world.

"It is exciting to see the demand for Metro continue to grow with both readers and advertising partners," Bill McDonald, president and publisher of Metro English Canada, said yesterday.

day.

Metro reaches 1.4million daily readers across
Canada.

METRO

Paper chase

- Winnipeg is the eighth largest census metropolitan area in Canada, with a population of 750,000.
- London is the 11th largest CMA with a population of 490,000, according to Statistics Canada.



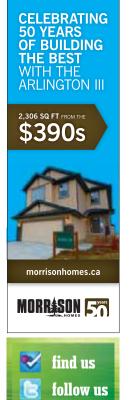


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THE EVOLUTION OF SIBLING RIVALRIES



When I was a child I longed for a sister. A genetically identical comrade who would share my love of pink party dresses and understand Barbie and Ken's tumultuous make-believe romance.

nstead, I got a younger brother. He didn't want to play with my Barbie dolls; he was far more interested in decapitating them.

James — yes, we're one of those unfortunate pairs whose parents thought it would be cute to give us names that start with the same initial — was not a pretty playmate. He was a gross, annoying brat who kicked the back of my chair on road trips. A basement-dwelling creature who only emerged from his room to

forage for food and roll his eyes at my high school awkwardness.

Of course, I was no angel. In any juvenile brother-sister dynamic it takes two to torment

— and I had a smug first-born complex and a seriously bossy attitude.

Does any of this sound a bit familiar?

Unless you're an only child, in which case you probably have your own issues, I'll bet you have countless stories involving an insufferable brother or sister.

Siblings, it seems, are in constant competition for their parents' attention and acclaim. Inevitably, comparisons are drawn and children strive to live up to the labels they've been given — the "pretty one," the "smart one" and, of course, "the favourite"

"As siblinas

mature they

do the

unthinkable -

they start

to enjoy

each other's

company."

However, time goes on and the teasing and bickering starts to dissipate. As siblings mature they do the unthinkable — they start to enjoy each other's company. At some point we stop seeing them as our bratty little brothers and spiteful older sisters and

we start thinking of them as

Somewhere between the end of high school and our 20-something years, my brother and I

called a truce; rivalry gave way to revelry and, eventually, we became friends. Yes, it turns out that my unbearable kid brother is actually terribly witty and pretty fun to be around, as long as we're not living under the same roof.

Occasionally, we regress — falling back into that childhood dynamic around the big family holidays, when stress levels are high and there's never enough wine on hand — but we've tamed our childish tendencies for the most part. And even though he still rolls his eyes at me from time to time, I've come to realize that I really do love him — like a brother, in fact.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

E ADDER

Camera 'traps' rare rhinos

CANADIAN HOUSEHOLD DEBT

Worth mentioning

Four of the world's most rare rhinoceroses were captured by camera traps installed in an Indonesian national park, an environmental group said yesterday.

The footage from movement-triggered hidden cameras showed two mother Javan rhinos and two calves in Ujung Kulon National Park in November and December last year, said a release from the WWF-Indonesia.

Javan rhinos are one of the world's most endangered species, with an estimated population of no more than 50 in Ujung Kulon. A few others live in Vietnam's Cat Tien National Park.



"This is good news to ensure that the population is viable," said Adhi Hariyadi, WWF project leader in the park.

The national park's chief, Agus Priambudi, said the footage provided substantial information about population dynamics of Javan rhinos, as well as feedback about survey and monitoring systems

of the survival of endangered species.

Rhino numbers in Indonesia over the past 50 years have been decimated by rampant poaching for horns — used in traditional Chinese medicines — and destruction of forests by farmers, illegal loggers and palm-oil plantation companies.

THE ASSOCIATED PRESS

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METRO CANADA: President & Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, National Deputy Editor Fernando Carneiro, Asst. Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Assist. Managing Editor Amber Shortt, Art Director Laila Hakim, Business Ventures Director Tracy Day, National Sales Director, Peter Bartrem, Interactive/Marketing Director Jodi Brown

Metro Minute at Glenbow Museum

Art lovers still have time to check out a timeless gallery at the Glenbow Museum. Landscapes For The End Of Time was created by Canadian artist Stephen Hutchings and examines temporality, permanence and eternity.

The landscapes painted by Hutchings do not come from any particular time or place and are meant to freeze an area's entire past and future in one moment.

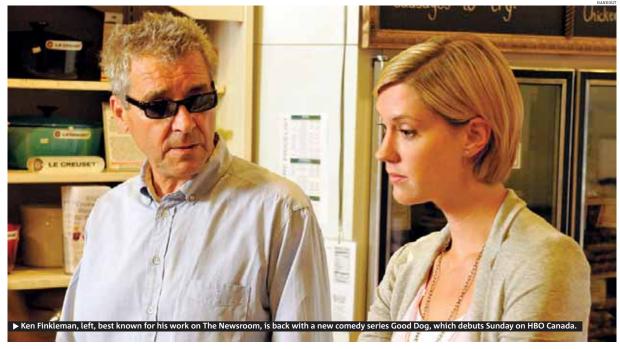
The gallery was officially unveiled Dec. 11 and will remain up until March 13. Admission to the Glenbow is \$32 for families, \$14 for adults, \$10 for seniors older than 65, and \$9 for students and youth.

For more information, visit glenbow.org.

METRO







Finkleman looks for truth in Good Dog

Creator of The Newsroom gets back to his neurotic self in new comedy
Satirist inspired by daily life and taking simple situations to the extreme



STEVE GOW SCENE@METRONEWS.CA

The network said yesterday that the multiplatinumselling singer will be joined by musical guests The Strokes. A week later on March 12.

Scene in brief

NBC says Miley Cyrus will be making her first appearance as guest host of Saturday Night Live this week.

A week later on March 12, Zach Galifianakis makes his return visit to SNL as guest host with musical guest

Jessie J.
Galifianakis
stars on the HBO
comedy series
Bored to Death.
He has just
finished filming
The Hangover 2.
THE ASSOCIATED PRESS



form with Good Dog.
"What influenced (this series) is simply my daily life," said Finkleman about the show that will

debut Sunday on HBO Canada. "Something small happens and then the character tries to either take advantage of that or cure that ... and in meddling with (it), you get into trouble."

If that sounds Curb Your Enthusiasm-esque, don't be surprised to find the pilot episode addressing that issue. Besides, The Newsroom made its debut in 1996 so some may argue that Finkleman's neurotic archetype preceded Curb's Larry David — a

character that Finkleman might have a tough time separating from his own off-screen psyche.

"Everything I do is in search of some kind of truth and ... it's stuff that goes through my head that I might not act on," explained Finkleman. "(But) you let it out in a comic format and maybe you find some kind of truth and so you could, for lack of a better word, call it the id."

ter word, call it the id."
While Finkleman denies enjoying much about the process of writing (or

filming for that matter), he does concoct some comical situations involving a compulsive, older man dating a "trophy girlfriend." And while he has devised a clever series, the pain of the art is definitely not lost on the artist — as explained with a simple analogy.

"My ex-wife is a judge and I think she likes it very much," said Finkleman. "But guys have to gun other people down before she can enjoy her work"

Quotes

- What inspires Ken Finkleman's work: "I just don't want to be a useless person hanging out doing nothing all day it would be embarrassing and if people found out you'd have a hard time trying to hold your head up."
- Finkleman on why his characters are all named George: "(It's) the same guy moving from one series to the next and also kind of falls into the same traps. (Which is the) comic trap from The Honeymooners, where his reach exceeds his grasp."

DVD Releases this week

Buy it 🍩 🕮 | Rent it 🕮 🕮 | Borrow it 🕮 | Yawn 🕮 | Don't bother 🕮

Megamind

Genre: Animation
Director: Tom McGrath
Stars: Will Ferrell, Jonah Hill
and Brad Pitt

Megamind isn't so much a movie as it is a pop cultural pile-on.

This animated superhero parody makes so many zippy references to film, music and other mass obsessions, it's like watching stand-up comedians trade riffs with each other on a Just For Laughs stage.



With the exception of Brad Pitt, who is capable of hilarity, most of the principal voices actually are veteran stand-up and/or sketch comics.

Will Ferrell is the titular villain, a big-domed blue genius who just wants the world to obey him — or else. Pitt is Metro Man, a flying hunk who defends truth, liberty and the American way in a concrete burg called Metro City. © PETER HOWELL

127 Hours Genre: Drama Director: Danny Boyle Stars: James Franco, Amber Tamblyn and Kate Mara

If you really think about it, this is a black comedy, although you definitely shouldn't go to this Danny Boyle wonder expecting a yukfest. It's often hard to watch, especially that scene where James Franco, playing Colorado adventurer Aron Ralston, is obliged to cut his arm off to escape an unyielding boulder. All the same, if



you have an appreciation for the cruel absurdities of life and the ability to rise above them, then 127 Hours is the ultimate Road Runner cartoon. Franco's Ralston is a real-life Wile E. Coyote, trapped by a boulder made not by Acme Inc., but rather by the mischievous gods of fate.

PETER HOWELL



, says she will donate m Scan code for the story.

Lindsay set to pose nude

Struggling for a comeback, star inks reported \$3 million deal to bare all

While struggling for a comeback between court appearances, Lindsay Lohan has reportedly signed a \$3 million deal to pose nude for a new book by photographer Terry Richardson, according to the Daily Mirror.

"Lindsay is struggling to get another break in Hollywood. There's a stigma attached to working with her and she is determined to change this — starting with the photographic book," a source tells the newspaper.

"Terry Richardson has persuaded Lindsay and James (Franco) to get involved. He has assured them it will be provocative but tasteful. There will be a lot of nakedness — some of it graphic and suggestive — but it will be a real statement book."

) METR



Sheen says he's 'at war'

Tensions show no sign of easing between Charlie Sheen and CBS, as the actor says he and the folks behind Two and a Half Men are "definitely at war.

"The war is that they are trying to destroy my family, trying to take all my money, leaving me with no means to support my family," he tells the Today show.

Sheen, who claims he is now completely sober, says his in-home rehab system worked. "I closed my eyes and made it so with the power of my mind," he says of his sobriety.

METRO



➤ Selena Gomez and Justin Bieber

Bieber and Gomez: It's official, matching outfits and all

After months of dodging paparazzi and questions about their relationship, Justin Bieber and Selena Gomez made their first public appearance as a couple at the Vanity Fair

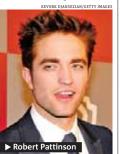
Oscar party in Hollywood Sunday night, according to Popcrunch. The pair even coordinated their outfits, with Bieber's red pocket square matching Gomez's crimson gown.

METRO

Talking points

Pattinson and Stewart make a splash

PARTY. Twilight co-stars and notoriously private couple Robert Pattinson and Kristen Stewart made quite a splash at a pre-Oscars party at the Chateau Marmont, according to Us Weekly. The shy couple was "dancing the whole time," a source says. "They definitely kissed a few times." • METRO



Ci Ci and Ri Ri beef, makeup

After Ciara made some not-so-nice comments to Joan Rivers about about meeting her. But just as quickly. Rihanna during Rihanna and Ciara an interview, a have made up, war of words with Rihanna broke out on Twitter betweeting, "Ciara baby, I love baby, I love [you] girl! [You] the wo young singers.
"She was" the hurt my feel-ings real bad on TV! I'm wasn't heartbroken! nicest in the world," Ciara That's [why] I retaliated said of the Barthis way! So bados-born SOTTV. METRO

Celebrity tweets



Elijah Wood [@woodeliiah] i love

eggs. i love them on pizza, scrambled, poached, fried, steamed, green, sunny side up, over rice, on a burger...



Kanye West

[Akanyewest] Don't ever try to sell me on anything. Give me ALL the information and I'll make my own decisions.



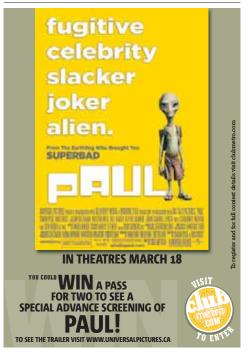
Kelly Osbourne
[@MissKellyO]

My mum keep yelling brixton ya can't take a lady away from her roots!!!!



Steve Martin [@SteveMart-

inToGo] Home from the Oscars. I enjoyed working with Anne Hathaway. Never knew she was Shakespeare's wife.



S life

Daily Squeeze

Larry Track, a

leading fitness trainer, owner of Track Fitness

in Toronto and

a contributing

expert at DailySqueeze.ca

gives his advice

on how trends

come and go,

can you trust?

Read his five

second-guess

their risk of skin cancer

"rules" you shouldn't

and why at metronews.ca.

but which ones

Weighing the future of video game fitness

• Metro's Heather Buchan is put through the paces of both the real world and virtual workouts



Two weeks after embarking on a quest to determine whether Ubisoft's Your Shape Fitness Evolved for Xbox Kinect — a fitness-simulation program that displays your image on the TV screen and tracks your movements in real time while you follow a virtual personal trainer — will negate the need for gym memberships in the future, my verdict is in.

And the answer is no.

Despite Your Shape's advanced technology — a Kinect sensor measures your height and limbs and then projects a digital image of you, albeit not a very flattering one, on the screen as you work out — it can't compete with the experience and results of working out at the gym with a trainer.

For starters, Your Shape doesn't gauge your level of fitness, strength and flexibility as effectively as a real personal trainer can. To develop your profile, the game asks a few standard questions — age, weight, gender and lifestyle — whereas at the gym, I underwent a full hour of initial testing in order for the trainer to precisely capture my fitness level.

Although Your Shape offers a good variety of cardio, sculpting and toning classes, working out in my basement in front of the TV just can't substitute having a real trainer continually motivating me to bend deeper, push harder or do one more rep.



In fact, I began to feel somewhat like a robot in front of the TV screen, whereas during my oneon-one sessions at Toronto's Pure Fitness, certified personal trainer and registered dietician Nanci S. Guest continually pointed out, when I was ready to give up, that the last rep should be hard to finish; that's when you know you're creating change in your body.

Ubisoft's Your Shape

the differences.

Fitness Evolved to weigh

Half the battle of working out is mental, after all,

and it certainly helps to have someone right beside you pushing you the entire way through.

Nanci also asked me to

keep a food diary, recording everything I put into my mouth for one week.

I automatically became

I automatically became more careful of portion

Follow her

Look back on Heather's adventure online.

Web You can read all of Heather's adventure through the world of video game fitness on metronews ca

sizes and unhealthy foods I was consuming when I had to actually track it all.

Having a personal trainer at the gym also kept monotony at bay.

No two sessions were alike. Nanci would constantly change up the sets, reps, weight and exercises, which kept my interest but also provided results, since muscles burn more calories when they're being challenged with something new and unfamiliar.

On the upside, Your Shape, allowed me to work out in the convenience of my home when my baby was napping, without having to organize babysit-

However, if you're not fitness inclined, Your Shape certainly won't motivate you to get off your couch

I see it more as a supplement to the gym for fitness buffs, but certainly not a replacement.

In the end, those last 12 post-baby pounds still loom, but I feel stronger and have more stamina after two weeks of working out with Nanci and Your Shape.

The road to post-partum weight loss may be longer than I anticipated, but the end is now in sight.

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The pain of infertility

New research out of Quebec has found a link between painkillers and conception issues



Over-the-counter painkillers could be keep-

ing you from conceiving.
Millions of women
reach for Aspirin, Advil or
Anaprox when they have

Anaprox when they have aches and pains, including menstrual pain. But taking these pills on a regular basis may disturb the work of important chemicals responsible for reproduction, says Dr. Michel A. Fortier.

"Do not expect to become pregnant while taking these," says Fortier, a professor in the faculty of medicine at Laval University in Quebec City.

After many years of research, Fortier has found that a family of chemicals called prostaglandins are crucial for conception. Prostaglandins are hormones of fine tuning in various parts of the body.

warious parts of the body.
They help inflammation, pain, fever and blood clotting, and protect the lining of the stomach from acid damage.

They also help control vascular pressure, uterine tone, and bone absorption. However, along with these benefits there are risks. NSAIDs (non-steroidal anti-inflammatory drugs) block

By the numbers

Here's what you need to know:

- Percentages 7-9: Estimated percentage of people in Canada who are infertile.
- Rate 1.6: Canada's fertility ratePopulation 2.1: Number
- needed to replace the population

 Births 20: Average age of
- first birth in 1986

 A decade later 29: Average
- age of first birth in 1996

the good prostaglandins that women need to conceive, says Fortier.

This scientific knowledge has been so recently linked that many doctors may not connect the two

when a woman suffers from infertility.

▶ Research out of Quebec has found a link between painkillers and infertility.

"If your pain is not a threat, reduce your use of NSAIDs for sure if you want to be pregnant," he says. Taking painkillers for one or two days to control menstrual pain is not likely to affect fertility, but taking them frequently over long periods of time may cause women to ovulate late, too late for her eggs to be fertilized.

However, don't fret. Fortier says that if you stop taking these drugs, the problem should reverse.

Thoughts on... Rest

ADVICE At times, it can seem that life dictates we stay busy.

The truth of the matter is that we need to build the appropriate amount of time to rest and renew into our days.

Personally, I find that taking a break and resting is one of the best ways to become rejuvenated and productive.

However, many feel guilty about resting in the first place.

Taking a rest doesn't mean you are lazy or wasting time.

No. Īt's something that our body and mind need. Therefore, the next time you are feeling fatigued, overwhelmed, stressed, or even frustrated — take a rest.

Give yourself permission to rest and enjoy. There's no substitute for rest — get plenty.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW & A REGULAR CONTRIBU-TOR TO THE HUFFINGTON POST. AWAKENINGSCANADA.COM

Exercise can cut cancer

Everyone knows that being active can cut down on heart disease risk. But it's not as well known that regular exercise can also cut down on risk of certain types of cancer.

According to the World Cancer Research Fund (WCRF), eating a healthy diet, being physically active and limiting alcohol intake can reduce rates of breast, stomach and colon cancer.

Body Knowledge

Cancer is the most prevalent condition killing Canadians today. Explore cutting edge strategies for cancer treatment and prevention.





MARCH 17 7 p.m. - 9 p.m.

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Keith Block, MD
Life Over Cancer:
Impacting Survival
and Improving
Life Quality through

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INTEGRATIVE CANCER CARE WORKSHOP Keith Block, MD, Penny Block, PhD -Implementing a new model for cancer

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Learning to walk within her shoes

Ramona Braganza takes on CARE's latest challenge

Celebrity fitness trainer Ramona Braganza, best known for sculpting Hollywood bodies, including that of Jessica Alba and Halle Berry, recently has taken on her latest challenge: CARE Canada's Walk in Her Shoes.

Music is a walkers' best friend

As I keep training for Walk in Her Shoes, I'm finding that while I enjoy walking in silent meditation at times, I also really enjoy having my IPod with me.

I update and add to my playlist on a regular basis and right now I really love Lady Gaga and old school songs.

I also enjoy using the songs as interval training
— alternating fast and slow songs can help me pick up, or slow down, the



pace

As a former NFL cheerleader (and having danced my whole life), music is a big part of everything I do.

Don't forget to warm up

A few quick warm-ups I do before each training session includes: neck-rolls, arm circles, quad stretches, leg swings and toe raises. Warming up gets the blood and oxygen to the muscles, preparing you for the start of an activity and preventing possible injuries.

The Fuel to Move

Whenever you plan to walk during your day make sure you are fuelled up first.

If you are planning to

More Care

Want to get involved? Here's what you need to know.

A good cause Visit metronews.ca/ walkinhershoes this week for more fitness tips from Ramona Braganza. Visit care.ca/walkinhershoes and sign-up for Walk in Her Shoes or make a donation to support CARE's work.

walk in the morning make sure you allow time to eat a little something half an hour before. Here are some easy suggestions: Yogurt, a protein bar or shake or some fruit like a banana.

Not only will these foods give you more energy but they will help jumpstart your metabolism.

METRO

PANEL DISCUSSION

POP/SCIENCE: WHEN POP CULTURE INTERSECTS WITH BIOTECHNOLOGY

A critical look at science and art



Thursday, March 3, 2011 7:00pm

Join veteran CBC broadcaster Barbara Budd as she moderates an interdisciplinary panel exploring how different areas of biotechnology – stem cell research, regenerative medicine, cloning and genetics – are portrayed in popular culture. Take a critical look at the ways science is represented and explore how this impacts public perception and imagination, and influences public policy.

After the discussion, visit the Perceptions of Promise: Biotechnology, Science and Art exhibition and join us for the launch of the accompanying publication.

Panelists

Timothy Cautheld, LLM., F.R.S.C., Canada Research Chair in Health Law and Policy and Professor in the Faculty of Law and the School of Public Health, University of Alberta.

Sean Caulfield. Canada Research Chair in Printmaling and Professor in the Department of Art and Design, University of Alberta Karen H. Rothenberg, J.D. M.P.A. Marjorie Cook Professor of Law Derek van der Kooy, Professor, University of Toronto, Department of Molecular Genetics

ConocoPhillips Theatre Members \$8/General \$10 Call 403.268.4110 for tickets

Glenbow Museum

Lacklustre experience at Mexican experiment

La Casita Mexicana may leave you full, but you'll likely be unsatisfied

LUNCH RUSH

ANDRE LAU

FOOD@METRONEWS.CA



La Casita Mexicana is the other half of an Indian restaurant in an

experiment that left me full, but not quite satisfied.
With the weekday Mexican buffet (\$12.99) looking

with the weekday Mexican buffet (\$12.99) looking forlorn, we instead ordered from the menu.

As a starter, the chorizo con queso (\$10) had passable pork but lacked punch. The two corn tortillas were not enough to go with the dish.

The enchiladas suizas (\$15.50) had the best flavour of the meal from a bright tomatillo salsa verde over three corn tor-



tillas folded over cheese.

The tacos pastor (\$14.50) had decent marinated pork slices with pineapple bits, served traditionally on open corn tortillas. Diced onions, cilantro and red and green

salsa came separately as optional toppings. I kept wishing for more spice.

Service began with a man who didn't seem familiar with the menu, but ended with a more knowledgeable woman. La Casita Mexicana
 507 17th Ave. S.W.
 403-870-7070
 casita.ca
 Price range: \$4 - \$18
 Rating: 3 out of 5





Preparation:

- 1 Remove casings from sausages. Cook in pot over medium high heat for about 5 minutes or until no longer pink.
- Reduce heat to medium and add oil. Add onion, garlic, chilli powder and oregano and cook for about 5 minutes. Add rice and stir to coat. Add tomato sauce, chicken stock and water; bring to boil. Add beans, green pepper and pepper. Cover and simmer, stirring occasionally for about 15 minutes.

EMILY RICHARDS IS A PRO-FESSIONAL HOME ECONOMIST, COOKBOOK AU-THOR AND A TV CELEBRITY

Ingredients:

- 3 mild Italian sausages (about 12 oz/375 q)
- 2 tsp (10 mL) olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tsp (10 mL) chilli pow-
- 1 tsp (5 mL) dried oregano leaves
- 1 1/2 cups (375 mL) Ital-
- ian style or arborio rice
 2 cups (500 mL)
- marinara pasta sauce
 2 cups (500 mL) chicken
- 1 cup (250 mL) water
- 1 can (19 oz/540 mL) red kidney beans, drained and rinsed
- 1 green pepper, chopped
- 1/4 tsp (1 mL) pepper

CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Emeril discovers the originals

Emeril Lagasse, who knows something about longevity in the food world, will dissect the secrets of success of historic restaurants on a new television show.

vision show.
Called The Originals, the show will begin airing in May on the Cooking Channel, Lagasse said.

"Everybody's doing something new, so I'm doing something old," he said. "I'm going to restaurants around the country that have been in business 50, 75, 100 years. Places that are still in business, and are doing it right."

One of the earliest stars launched by the Food Network, Lagasse sold the rights to his franchise of books, television shows and kitchen products to Martha Stewart Living Omnimedia Inc. in 2008.

After taking some time off, he's kept busy with a variety of projects: In addition to The Originals, Lagasse has a new cooking show in the works for the

Hallmark Channel, a 16th cookbook coming out in the fall and "three projects on the drawing board" at his various restaurants. He also writes a monthly column for Stewart's Everyday Food magazine.

Working for Stewart has been a "great journey," Lagasse said.

Stewart is a valuable sounding board but has also given him the freedom to pursue his own projects, he said.

"The support system of

but the support system of Martha's team has been incredible," he said. "We can do things very quickly."

Though his new show will look at restaurants that opened their doors decades ago, Lagasse said he doesn't spend much time reminiscing about his own past.

own past.
"I can't look back and say, 'That was great'. I've got to look forward and say, 'What's greater?'"



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INTERNET LOVE: ONLINE ROMANCE **PREVAILS** AGAIN

Names: Thomas, 25, and Vanessa, 23

Current city: Dartmouth, N.S.

Together since: 2005

Their story:



I (Vanessa) first met Thomas in an online chat room when I was in my first year of high school.

I lived in Halifax and he lived in Oxford, N.S. about three hours away.

We always talked about getting together and meeting but never did. When I was in my sec-

ond year of high school,

Thomas moved out west and we stopped chatting. We had no contact for

four months, but then the day before I started grade 12, he happened to pop online and we started chatting again.

He told me he was in Halifax and wanted to get together to finally meet.

We agreed to get togeth-

er for coffee the next morn-

ing before school. We had seen each other's pictures, but had never actually seen one another in person. I'm so glad I agreed to meet with Thomas that day — we sat and talked for three hours! Six years later, we are happily married and have two beautiful daughters.



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AFTER 7 YEARS, IT MAY



I have been dating my boyfriend for almost seven years. We are both in our early 20s and have known each other since middle school. I'm debating if I should continue with him because it seems it is taking him too long to do couples things, such as travelling or anything special, with me. And we only do stuff on Valentine's Day if I plan something. He is going through this thing where he wants to be able to go out with his friends but he still wants me around. We are best friends but I don't know what to do. Do you think I'm wasting my time and should move on, or continue and wait to see what happens?

Andrea: Dear practically-married-to-high-schoolsweetheart, I can assure you that the past seven

years of your life haven't been a waste, but the next seven depend on you.

What are you waiting for? Last I checked, there isn't a magical-fairy-script writer who flies in and turns your relationship into a romantic comedy.

Relationships take work, and you have yours cut out for you.

You're the long-term girlfriend of a 20-something male, which means that you're about as exciting to him as a dental appointment.

For him to really feel motivated and treat you like a woman, you have to create the incentive.

Have you been acting more like a friend than a girlfriend? If so, try changing up your image to smol-dering female.

Have you been compromising on your alone time together for the sake of his time with friends?

Stand up for yourself and your ideas.

If he's still unwilling to woo you every now and then, it's time to graduate to a guy who can.

Claire: Dear early 20s, One of the benefits of being a 30-something single mother who's lived around the world is wisdom. So here it is: you can't change his behaviour, so change yours.

Neglect him back and stop being so available.

Don't reach out in any

way. If he gets in touch, answer him, but don't ask about him, or seek him out in any way. But don't do this out of anger or bitterness.

Reclaim the parts of your life he used to fill.

Do your own thing, make plans with your friends, and don't change your plans to fit him in when he does come crawling back (unless he's having a heart transplant).

You two have grown up together, so though it used to be OK to make him the centre of your world when you were teenagers, it's time to review your priorities and give more time to your dreams and your fu-

If this doesn't work, then you've learned another valuable piece of painful wisdom: people don't (often) change.

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Ease into investing

ON MONEY

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So you've just topped up your RRSP, or if you've been a particularly good

boy or girl you've been adding to it all year. Well done! And if you've just made your first ever RRSP contributions, congratulations!

If you haven't already received it you'll soon get a phone call, gently pressuring you to do something with the money (i.e. invest it in stocks or mutual funds).

If you've got your money sitting uninvested in an RRSP, especially the no-fee variety, the financial institution isn't making any money. Hence the pressure.

My advice is to tell them to stuff it into a low fee high-interest savings account or GIC, until you know for sure what to do with it. (And please don't



write telling me there's no such thing as a high-interest savings account. You know what I mean.)

As far as I'm concerned there's no rush whatsoever to make up your mind. I've rarely seen anyone who hurries into an investment do well. Usually they

Money matters

Be warned:

It can take a decade, or more, for an unbalanced portfolio to recover from a precipitous stock market drop. end up sorry. Sometimes very sorry.

talked into buying a selection of technology stocks, or one or more technology mutual funds in 2000 before the technology-laden Nasaq composite index hit its market peak of 5,132 on March 10 of that year. Legions were, and the pressure to catch hold of the technology rocket was intense.

Then the Nasdaq dropped 78 per cent by the end of 2002. Today almost 11 years later the index has recovered to just a little more than half of its peak. Many portfolios still haven't come back that far.

This is an extreme example that can't happen again, right? Heard about the U.S. subprime financial implosion?

That was a made in the U.S. problem, which we were supposedly well insulated from.

Even so the TSX dropped almost 50 per cent from its highs of the summer of 2008 to the new year of 2009.

The moral of the story; never be rushed into investing you're not sure you want and don't understand the implications.

Fun and Frugal LESLEY SCORGIE MONEY@METRONEWS.CA



REDUCE MY TAXES!

he two most common ways to minimize taxes, legally of course, are to invest in tax-advantaged savings plans such as RRSPs and TF-SAs.

Nearly anyone can have an RRSP. It is, by far, the most utilized tax-reduction tools for Canadians. Individuals can contribute up to 18 per cent of their earned income through RRSP contributions, up to \$22,000 per year (indexed), and the limit can sometimes vary depending on your pension program at work. These contributions are fully tax deductible and they grow tax-deferred until withdrawal.

The Tax Free Savings Account (TFSA) allows you to grow your money tax free. So, when you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions, or interest earned. On the flip side of this, capital losses within the plan are not tax deductible and dividends aren't eligible for the dividend tax credit. You can contribute up to \$5,000 annually (indexed).

When you invest in nonregistered investment plans you can reduce taxes through the dividend tax credit and favourable capital gains tax rate.

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Personal pickpocket

According to Sigma Assistel, a Desjardins Financial Security subsidiary specializing in telephone assistance services, identity theft is becoming more common in Canada. In fact, you may already know someone who has been victimized by this crime.

What is identity theft?

It occurs when someone obtains another person's

personal information without consent (such as a credit card number, driver's license, social insurance number, date of birth, etc.) to commit a crime like fraud. Once armed with this information, an identity thief can easily defraud victims of thousands of dollars.

Luckily, there are steps that you can take to prevent this crime from happening to you.

Here are four easy steps to protect yourself against identity theft

• Systematically shred all unnecessary documents that contain any personal information that could be used to identify you, such as your date of birth, home address or social insurance number.

• Never confirm your PIN, credit card numbers, SIN, driver's license or other personal information over the phone or e-mail unless you initiated the request.

• Collect your mail every day. Or, if you're about to go on vacation, ask a trusted friend or member to collect it for you.

• Only do business over the web with reputable companies that have high Internet security standards

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FINANCIAL



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sports

Flames preview

Flames at Blues 6:00 p.m. TV: SNET-CGY Radio: FAN 960



Calgary (32-23-9) needs a win to stay ahead of the pack in the Western Conference. The Flames had 73 points with a tenuous hold on sixth place heading into yesterday's games.



St. Louis (28-25-9) are seven points out of a playoff spot and were sellers before the trade deadline, shipping Brad Boyes to Buffalo for a second-round draft nick

THE CANADIAN PRESS

Big names stay put at deadline

Oilers trade Penner to Kings in one of the few major deals of the day

The rumours in recent weeks had Dustin Penner going just about everywhere, but it was the Los Angeles Kings who ended up snagging the big scoring forward from the Edmonton Oilers before the NHL trade deadline yesterday.

day.

The Oilers got defence prospect Colten Teubert, a first-round draft pick in 2011 and a conditional 2012 second-rounder for the 28-year-old Penner.

It was the biggest move of an interesting, but not very active, deadline day that also saw the Washington Capitals pick up veteran centre Jason Arnott from New Jersey and defenceman Dennis Wideman from Florida.

The Panthers were the busiest team, moving four players — Wideman, Radek Dvorak, Bryan Allen, Chris Higgins — to go along with the three they had already dealt away in recent days. But they didn't deal goaltender Tomas Vokoun, who can become an unrestricted free agent July 1.

Dallas Stars centre Brad Richards also stayed put.

The Vancouver Canucks bolstered their depth by picking up two former Montreal Canadiens, Higgins and Maxim Lapierre, while Ottawa sent defenceman Chris Campoli and a In all, 35 players and 12 draft picks changed hands in the 16 deals made before the 1 p.m. cutoff, the lowest total since 23 players were dealt in 12 transactions on deadline day in 2000.

conditional 2012 pick to Chicago for prospect Ryan Potulny and a secondrounder. The Senators also claimed goalie Curtis McElhinney off waivers from the Tampa Bay Lightning.

The six-foot-four, 245-pound Penner still owns a home in California from his time with the Anaheim Ducks, with whom he won a Stanley Cup in 2007.

a Stanley Cup in 2007.

The Winkler, Man., native arrived in Edmonton the following season, sporting a \$21-million US, five-year contract that has one more season to run. After scoring 23 goals in his first campaign with the Oilers, Penner dipped to 17 in 2008-09 before rebounding last season with career highs of 32 goals and 63 points.

He has 21 goals in 62 games this season and was sought by just about every team looking for offence.



ACCESS LEGAL RESEARCH INC. CRIMINAL PARDONS/ U.S WAIVER NO FAULT DIVORCE DEBT COLLECTION OPEN SATURDAY BY APPOINTMENT CALL 403.228.1300

Flames make good in buyer's market

The Calgary Flames acquired two assets at the NHL trade deadline, but more importantly didn't have to give up a player in return

Calgary picked up defenceman Brett Carson off waivers from the Carolina Hurricanes before sending a 2011 seventh-round draft pick to the Atlanta Thrashers for veteran forward Frederik Modin.

"We accomplished what we wanted to from a depth standpoint and we didn't take anyone out of our locker-room," said Calgary's acting general manager Jay "From our perspective, we're very pleased with what happened today."

FLAMES ACTING GM JAY FEASTER

Feaster. "I think it's very important that we give this group the opportunity to stay together and try to finish off what they've accomplished here over the last couple months."

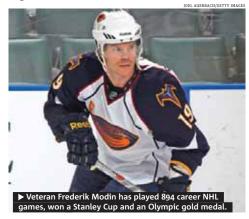
Since Feaster took over the GM duties from Darryl Sutter two months ago, the Flames (32-23-9) have gone 16-5-6 to climb into a playoff position in the heavily competitive Western Conference. With so many teams still

With so many teams still in playoff contention, Feaster said trades were harder to make this year.

"You had a whole lot more buyers than sellers," Feaster said. "I think that made it even more difficult this time around."

In Modin, the Flames get a 36-year-old forward who was a member of Tampa Bay's Stanley Cup-winning team that beat Calgary in 2004, when Feaster was the Lightning GM.

THE CANADIAN PRESS



NATIONAL HOCKEY LEAGUE

EASTERN CON	FER	EN(Œ									
	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strk
d-Philadelphia	62	40	16	3	3	203	159	86	20-8-1-2	20-8-2-1	6-3-1-0	L1
d-Tampa Bay	62	37	18	3	4	191	190	81	21-7-1-3	16-11-2-1	5-3-0-2	W3
d-Boston	62	36	19	2	5	194	148	79	15-12-1-2	21-7-1-3	6-4-0-0	W5
Pittsburgh	64	37	21	3	3	187	159	80	20-11-2-0	17-10-1-3	3-5-1-1	W1
Washington	63	33	20	5	5	168	161	76	17-8-2-5	16-12-3-0	5-5-0-0	W1
Montreal	63	33	23	4	3	165	164	73	20-8-3-3	13-15-1-0	3-5-0-2	W1
NY Rangers	64	33	27	2	2	179	157	70	14-15-1-2	19-12-1-0	4-6-0-0	L1
Carolina	63	29	25	4	5	184	193	67	16-10-1-2	13-15-3-3	3-4-2-1	L1
Buffalo	61	29	25	6	1	176	177	65	14-15-2-1	15-10-4-0	5-3-1-1	L1
Toronto	63	27	27	4	5	164	193	63	14-11-3-4	13-16-1-1	5-1-2-2	L2
Atlanta	63	26	26	4	7	178	205	63	14-12-1-5	12-14-3-2	2-6-1-1	W1
Florida	62	26	29	3	4	159	171	59	12-12-3-3	14-17-0-1	3-6-1-0	L1
New Jersey	62	27	31	3	1	132	164	58	13-13-2-1	14-18-0-1	9-1-0-0	W1
NY Islanders	63	23	32	4	4	172	205	54	12-15-1-3	11-17-3-1	6-3-1-0	L3
Ottawa	62	21	32	5	4	143	200	51	11-16-2-3	10-16-3-1	4-5-0-1	W1

WESTERN CONFERENCE

	UF	vv	-	OIL	JL	Or.	UM	rts	Home	Hivay	rast To	Juk
d-Vancouver	63	39	15	4	5	208	150	87	22-6-1-4	17-9-3-1	5-5-0-0	L1
d-Detroit	62	38	18	4	2	206	179	82	17-10-3-1	21-8-1-1	7-3-0-0	W1
d-San Jose	63	36	21	4	2	178	162	78	15-10-2-1	21-11-2-1	9-1-0-0	W6
Phoenix	64	33	21	6	4	184	186	76	15-10-3-2	18-11-3-2	7-2-0-1	L3
Los Angeles	62	35	23	2	2	174	149	74	19-9-1-0	16-14-1-2	7-1-1-1	W3
Chicago	63	34	23	2	4	202	174	74	19-14-0-0	15-9-3-3	7-1-0-2	W5
Calgary	64	32	23	3	6	190	182	73	19-10-1-3	13-13-2-3	6-2-1-1	W1
Dallas	62	33	23	2	4	171	175	72	18-9-2-3	15-14-0-1	3-6-1-0	W2
Minnesota	63	33	24	1	5	165	166	72	16-13-0-3	17-11-1-2	5-4-0-1	L1
Nashville	63	32	23	5	3	161	151	72	15-7-4-3	17-16-1-0	4-5-1-0	W1
Anaheim	63	33	25	3	2	176	186	71	18-10-1-1	15-15-2-1	5-4-1-0	W1
Columbus	61	31	24	3	3	170	181	68	16-13-0-2	15-11-3-1	6-3-0-1	L1
St. Louis	62	28	25	4	5	173	180	65	18-10-1-3	10-15-3-2	4-5-0-1	L1
Colorado	63	26	30	7	0	183	217	59	14-15-4-0	12-15-3-0	1-8-1-0	L3
Edmonton	63	20	35	1	7	158	211	48	10-19-1-3	10-16-1-3	4-6-0-0	L2

d-division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Clast night's results
Chicago 4 Minnesota 2
Detroit at Los Angeles
Sunday's results
Calgary 1 5t. Louis 0
Atlanta 3 Toronto 2 (OT)
Boston 3 Edmonton 2
Anaboira 3 Colorada 2 Anaheim 3 Colorado 2 Chicago 4 Phoenix 3 (SO) Nashville 3 Columbus 2 New Jersey 2 Florida 1 Tampa Bay 2 N.Y. Rangers 1
Tonight's games

N.Y. Islanders at Washington, 7 p.m N.Y. Islanders at Washington, 7 p. Florida at Carolina, 7 p.m. Montreal at Atlanta, 7 p.m. Boston at Ottawa, 7:30 p.m. Calgary at St. Louis, 8 p.m. Dallas at Phoenix, 9 p.m. Nashville at Edmonton, 9:30 p.m. Columbus at Vancouver, 10 p.m. Colorado at San Jose, 10:30 p.m. Tomorrow's games Pittsburgh at Toronto, 7 p.m.

Tampa Bay at New Jersey, 7 p.m. Minnesota at N.Y. Islanders, 7 p.m.

All times Eastern Buffalo at N.Y. Rangers, 7 p.m. Calgary at Chicago, 9 p.m. Detroit at Anaheim, 10 p.m. TRADE DEADLINE HISTORY SCORING LEADERS

Total transactions a	ind players mo	ved at the		G	Α	PT
National Hockey Lea			D.Sedin, Vcr	32	47	79
Season, Date	Trades	Players	Stamkos, TB	41	37	78
1979-80, Mar. 11	3	. 5	St. Louis, TB	24	51	75
1980-81, Mar. 10	12	22	H.Sedin, Vcr Perry, Ana	15 31	59 37	74 68
1981-82, Mar. 9	5	11	Zetterberg, Det	18	49	67
1982-83, Mar. 8	1	1	Crosby, Pgh	32	34	66
1983-84, Mar. 6	2	2	Ovechkin, Wash	24	39	63
1984-85, Mar. 12	4	7	B.Richards, Dal	24	39	63
1985-86, Mar. 11	8	14	Kopitar, LA	20	40	60
1986-87, Mar. 10	5	9	E.Staal, Car	27	32	59
1987-88, Mar. 8	8	12	Iginla, Cal Toews, Chi	25 22	33 36	58 58
1988-89, Mar. 7	9	21	Giroux, Pha	21	37	58
1989-90, Mar. 6	10	16	Kesler, Vcr	33	24	57
1990-91, Mar. 5	14	33	Eriksson, Dal	21	36	57
1991-92, Mar. 10	11	22	Selanne, Ana	20	37	57
1992-93, Mar. 22	9	14	Sharp, Chi	32	24	56
1993-94, Mar. 21	18	35	Nash, Clb	29	27	56
1994-95, Apr. 7	19	32	J.Carter, Pha	28 10	27 44	55 54
1995-96, Mar. 20	13	21	Yandle, Phx P.Kane, Chi	20	33	54 53
1996-97, Mar. 18	18	35	Backstrom, Wash	15	38	53
1997-98, Mar. 24	19	38	Tavares, NYI	23	29	52
1998-99, Mar. 23	21	30	Vanek, Buf	23	29	52
1999-00, Mar. 14	12	23	Ryan, Ana	29	23	52
2000-01, Mar. 13	17	31	Havlat, Minn	19	33	52
2001-02, Mar. 19	17	35	M.Richards, Pha J.Thornton, SJ	19 15	33 37	52 52
2002-03, Mar. 11	24	46	Briere, Pha	28	23	51
2003-04, Mar. 9	20	32	Ribeiro, Dal	12	39	51
2004-05	None	(lock-out)	P.Bergeron, Bos	21	29	50
2005-06, Mar. 9	25	40	Heatley, SJ	20	30	50
2006-07, Feb. 27	25	44	P.Stastny, Col	19	31	50
2007-08, Feb. 26	25	45	Datsyuk, Det	18	32	50
2008-09, Mar. 4	22	47	Duchene, Col Plekanec, MtI	21 20	28 29	49 49
2009-10, Mar. 3	31	55	J.Williams, LA	20 20	29	49 49
2010-11, Feb. 28	16	35	Getzlaf, Ana	16	33	49
Total	443	813	M.Koivu, Minn	15	34	49
Average	13.8	25.4	Not including last nigh	t's games		

TRANSACTIONS

BASEBALL

NATIONAL LEAGUE

NEW YORK METS—Named Pedro Lopez man-ager of St. Lucie (FSL), Ryan Ellis manager of Savannah (SAL), Frank Fultz manager of раманнан (SAL), Frank Fultz manager of Kingsport (Appalachian) and Luis Rojas manager of the GCL Mets.

BASKETBALL

NBA

HARLOTTE BOBCATS—Waived G Morris Pe-

terson.

GOLDEN STATE WARRIORS—Reached a buyout agreement with F Troy Murphy and placed
him on waivers.

WASHINGTON WIZARDS—Reached a buyout
agreement with G Mike Bibby and placed him
on waivers.

FOOTBALL

NFI

CHICAGO BEARS—Released DT Tommie Harris. LB Hunter Hillenmeyer and OT Kevin Shaffer. SEATTLE SEAHAWKS—Signed CB Kennard Cox to a one-year contract.
WASHINGTON REDSKINS—Released RB Clinton Portis.

HOCKEY

NHL

NHL
ATLANTA THRASHERS—Acquired F Radek
Dvorak and a 2011 fifth-round pick from Florida for F Nicklas Bergfors and F Patrick Rissmiller. Traded UF Fedrik Modin to Calgary for
a 2011 seventh-round draft pick. Claimed F
Rob Schremp off waivers from the New York
Islanders. Recalled F Ben Maxwell and G Peter
Mannino from Chicago (AHL). Reassigned F
Spencer Machacek to Chicago.
BOSTON BRUINS—Acquired F David Lailberte
and F Stefan Chaput from Anaheim for F Brian
McGrattan and D Sean Zimmerman. Assigned
Lailberte and Chaput to Providence (AHL).
CALGARY FLAMES—Claimed D Brett Carson
off Yaviews from Garolina.
CAROLINA HURRICANE—Traded LW Sergei
Samsonov to Florida for D Byan Allen.

Samsonov to Florida for D Bryan Allen.
CHICAGO BLACKHAWKS—Acquired D Chris Campoli and a conditional seventh-round draft pick from Ottawa for F Ryan Potulny and a 2011 second-round draft pick. COLUMBUS BLUE JACKETS—Traded LW Tom Sestito to Philadelphia for C Michael Chaput

and C Greg Moore. DETROIT RED WINGS—Signed G Jimmy

Howard to a two-year contract. EDMONTON OILERS—Acquired D Kevin Mont-gomery from Colorado for D Shawn Belle. Traded RW Dustin Penner to Los Angeles for D Colten Teubert, a 2011 first-round draft pick and a conditional 2012 third-round draft pick. LOS ANGELES KINGS—Signed F Justin Williams to a four-year contract extension. MINNESOTA WILD—Traded G Anton Khudobin to

Williams to a four-year contract extension.
MINNESOTA WILD—Traded G Anton Khudobin to
Boston for DelFenner and RW Milko Lehtonen. Recalled C Warren Peters from Houston
(AHL). Reassigned C cody Almond to the Aeros.
MONTREAL CANADIENS—Acquired G Drew
Machityre from Adunta for Detret Testerfing.
Assigned Machityre to Hamilton.
NEW JERSEY DEVILS—Traded C Jason Amott
to Washington for C David Steekel and a 2012
septiment of the Machington of the Control of the Machington
Trade Stank DRES—Seachalled Justin
DiBenedatto from Bridgeport (AHL).
DISTAN ASSIGNATIORS—Signed D Chris Phillips
to a three-year contract extension through the
2013-14 season. Claimed G Curis McBliniery
off waivers from Tampa Bay. Reassigned G
Robin Lehner to Binghamton (AHL).
HOENIX COYOTES—Acquired D Rostislay
Klesla and FD Dane Byers from Columbus for F
Scottie Upshall and D Sami Lepisto.
ST. LOUIS BLUES—Traded F Band Winchester to
Anaheim for a 2012 third-round draft pick. Recalled
Foris Porter and F gwa Reaws from Peoria
(AHL). Placed F Philip Micae on the injured list.
TORONTO MAPLE LEAFS—Traded C John
Mitchell to the New York Rangers for a 2012
seventh-round draft pick.
VANCOUVER CANUCKS—Traded D Evan Oberg to
Florida for F Grin's Highins and a 2013 third-round
draft pick. Traded C John Persund and 2012 thirdround draft pick. Toroskod to Anaheim for (Maximica) gainer
and (MacGregor Sharp, Reassigned F Cody Hodgon and F Victor to Anaheim for Coresolvich to Manicha (AHL).

draft pick. Traded C. Joel versious on National Condition of the Maxim Lapierre and C. MacKergor Sharp, Reassigned F. Cody Hodgson and F. Victor Oreslowich to Manitoba (AHL). WASHIMCTON CAPITALS—Acquired D. Bennis Wideman from Florida for C. Jake Hauswirth and a 2011 third-round pick.

Washington

1	EASTERN CON	NFERE	ENC	E	
ŧ		W	L	Pct	GB
÷	d-Boston	43	15	.741	_
ŧ	d-Miami	43	17	.717	1
ŧ	d-Chicago	41	17	.707	2
ŧ	Orlando	38	22	.633	6
÷	Atlanta	36	24	.600	8
ŧ	New York	30	27	.526	121/2
ŧ	Philadelphia	30	29	.508	131/2
ŧ	Indiana	26	32	.448	17
÷	Charlotte	26	33	.441	171/2
ŧ	Milwaukee	22	36	.379	21
ŧ	Detroit	22	39	.361	221/2
ŧ	New Jersey	17	43	.283	27
É	Toronto	16	44	.267	28

15 44 .254 28¹/₂ 11 48 .186 32¹/₂

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	49	10	.831	_
Dallas	43	16	.729	6
d-L.A. Lakers	42	19	.689	8
d-Oklahoma City	36	22	.621	121/2
Denver	35	26	.574	15
New Orleans	35	26	.574	15
Portland	33	26	.559	16
Memphis	33	28	.541	17
Phoenix	31	27	.534	171/2
Utah	32	29	.525	18
Houston	30	31	.492	20
Golden State	26	32	.448	221/2
L.A. Clippers	21	39	.350	281/2
Sacramento	14	43	.246	34
Minnesota	14	46	.233	351/2
d — division loador				

Minnesota
d - division leader.
Last night's results
Dhoenix 104 New Jersey 103 (OT)
Chicago 105 Washington 77
Chicago 105 Washington 77
Chicago 105 Washington 77
Descript 107 Utah 102
Beston 107 Utah 102
LA Clippers at Sacramento
Sunday's results
Dallast 114 New Orleans 89
LA Laster 90 Oslaboma City 87
Minnesota 124 Golden State 123
New York 91 Milami 100 Oslaboma City 87
Minnesota 125 Golden State 123
New York 91 Milami 108 (OT)
San Laster 91 Procents 110 officers 108 (OT)
San Laster 91 Orleans 108 (OT)
San Laster 91 Orl

Detroit at Milwaukee, 8 p.m. L.A. Lakers at Minnesota, 8 p.m. Houston at Portland, 10 p.m.

CRICKET

WORLD CUP

HOKED	COI				
GROUP A					
	MP	W	T	L	Pt
Australia	2	2	0	0	4
Pakistan	2	2	0	0	4
New Zealand	2	1	0	1	2
Sri Lanka	2	1	0	1	2
Zimbabwe	2	1	0	1	2
Canada	2	0	0	2	0
Kenya	2	0	0	2	0
GROUP B					
	MP	W	T	L	Pt
England	2	1	1	0	3
India	2	1	1	0	3
South Africa	1	1	0	0	2
Bangladesh	2	1	0	1	2
West Indies	2	1	0	1	2
Ireland	1	0	0	1	0
Netherlands	2	0	0	2	0
Yesterday's res	sults				
At New Delhi					
West Indies (33	30-8) def	. Neth	erlan	ds (11	5. all
	,				,

out) by 215 runs

At Nagpur, India Zimbabwe (298 for nine) def. Canada (123, all out) by 175 runs.

Sunday's result At Bangalore, India

India (338, all out) tied with England (338-8) Today's match

At Colombo, Sri Lanka Sri Lanka vs. Kenya

TENNIS

WTA MONTERREY OPEN

At Monterrey, mounts Singles First Round Polona Hercog (8), Slovenia, def. Angelique Kerber, Germany, 6-3, 6-3. Greta Arn, Hungary, def. Sandra Zahlavova, Czech Republic, 6-0, 6-4.

First Round

First Round
Weta Benesowa and Barbora Zahlavova Strycova (1), Czech Republic, def. Maria Kondratieva,
Russia, and Sophie Lefever, France, 6-3,7-5.
Warie-Eve Pelletier, Repentigny, Que., and
Ahsha Rolle, U.S., def. Sarah Borwell, Britain,
and Liga Dekmelijere, Latvia, 7-6 (2), 7-6 (5).
Eva Birnerova, Czech Republic, and Johanna
Larsson, Sweden, def. Ipek Senogliu, Turkey,
and Jasmin Woehr, Germany, 6-4, 6-2.

WTA MALAYSIAN OPEN

At Kuala Lumpur, Malaysia

At Kuala Lumpur, Malaysia Singles First Round Jelena Dokic, Australia, def. Francesca Schi-avone (1), Italy, 2-6, 7-6 (1), 6-4, Lucie Safarova (5), Czech Republic, def. Zari-na Diyas, Kazakhstan, 7-5, 6-1. Ayumi Mortia (6), Japan, def. Darya Kustova, Belarus, 6-2, 6-0. Zhang Shual, China, def. Chang Kai-chen, Tai-wan, 6-4, 6-7 (3), 6-4.

wan, 6-4, 6-7 (3), 6-4. Urszula Radwanska, Poland, def. Junri Nami-gata, Japan, 6-1, 6-3. Noppawan Lertcheewakarn, Thailand, def. Al-

berta Brianti, Italy, 6-4, 2-6, 6-2,

Doubles First Round

rust KOUNG Maria Elena Camerin, Italy, and Darya Kusto-va (4), Belarus, def. Han Xinyun, China, and Ekaterina Ivanova, Russia, 6-2, 6-4. Elena Bovina and Nina Bartchikova, Russia, def. Aiko Nakamura and Erika Sema, Japan, 6-1

1, 6-4.
Dinara Safina, Russia, and Galina Voskoboeva, Kazakhstan, def. Jessy Rompies and Lavinia Tananta, Indonesia, 6-4, 6-4.

MLB

SPRING TRAINING AMERICAN LEAGUE

	w	L	Pct
Baltimore	1	0	1.000
Detroit	3	0	1.000
Seattle	1	0	1.000
L.A. Angels	2	1	.667
Boston	1	1	.500
Cleveland	1	1	.500
Kansas City	1	1	.500
Minnesota	1	1	.500
Oakland	1	1	.500
Texas	1	1	.500
N.Y. Yankees	1	2	.333
Tampa Bay	1	2	.333
Chicago W.Sox	0	1	.000
Toronto	0	3	.000
NATIONAL LEAGUE			

٠	NATIONAL LEAGUE			
÷		W	L	Pct
÷	Colorado	2	0	1.000
÷	Florida	1	0	1.000
:	Washington	1	0	1.000
፥	San Francisco	3	1	.750
÷	Philadelphia	2	1	.667
÷	Atlanta	1	1	.500
÷	Cincinnati	1	1	.500
፥	L.A. Dodgers	2	2	.500
÷	Milwaukee	1	1	
÷	N.Y. Mets	1	1	.500
÷	Pittsburgh	2	2	.500
:	Arizona	1	3	
÷	Chicago Cubs	0	2	
÷	Houston	0	1	.000
÷	San Diego	0	1	.000
:	St. Louis	0	1	.000
i	Yesterday's results			
÷	Philadelphia 6 Toronto 3			

Atlanta 13 Houston 3 Atlanta 13 Houston 3
Baltimore 6 Pittsburgh (ss) 4
Boston 7 Minnesota 6
Cleveland 12 Cincinnati 0
Colorado 6 Arizona 5
Detroit 6 N.Y. Yankees 2
Florida 6 St. Louis 3
L.A. Angels 8 Oakland 7
L.A. Dodgers 6 Chicago White Sox 5
Milwaukee (ss) 5 Chicago Cubs 3
Pittsburgh (ss) 6 Tampa Bay 5
san Diego 6 Seattle 6
San Francisco 10 Milwaukee (ss) 9
Fexas 12 Kansas (ir y 11 Texas 12 Kansas City 11 Washington 9 N.Y. Mets 3

SOCCER

ENGLAND PREMIER LEAGUE

GA 25 27 25 31

AGUE
GP W D L GF
G Man United Arsenal Man City Tottenham Chelsea Liverpool Bolton Newcastle Stoke Everton Blackburn Blackburn Blackburn Blackburn Blackburn West Browney West Ham Wolverhampton West Ham

Wigan 28 7 12 11 **Yesterday's result**Stoke 1 West Bromwich Albion 1

ITALY

SERIE A							
Team	GP	W	D	L	GF	GA	Pt
AC Milan	27	17	7	3	49	20	58
Inter Milan	27		5	6	49	29	53
Napoli		16	4	7	41	25	52
Lazio		14	6	7	33	23	48
Udinese	27	14	5	8	49	30	47
Roma		12		8	41	38	43
Juventus	27	11		8	41	32	4:
Palermo		12		11	44	43	40
Cagliari		11		11	28	27	38
Genoa	27	9	8	10	25	27	35
x-Bologna	27	10	8	9	29	34	35
Fiorentina	27		10	9	28	29	34
Chievo Verona	27	7		10	27	29	3:
Sampdoria	27	7	10	10	23	29	3:
Catania	27	7	8	12	24	35	29
Parma	27	6	10		26	38	28
Lecce	27			12	30	48	28
Cesena	27			14	20	36	25
Brescia	27			15			24
Bari	27	3	7	17	14	41	10
v — popalized 3 p	ninto	for	fai	lad t	av a	nd w:	ana

payments Yesterday's result AC Milan 3 Napoli 0

SPAIN

LACROSSE

NLL

EAST DIVISION GP W L Pct. GF GA 10 8 2 .800 117 91 9 6 3 .667 99 81 7 4 3 .571 78 67 9 5 4 .556 85 96 9 4 5 .444 82 97

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	8	5	3	.625	91	89	_
Minnesota	8	4	4	.500	80	74	1
Washington	9	4	5	.444	115	108	11/2
Edmonton	9	2	7	.222	93	110	31/2
Colorado	8	1	7	125	70	94	4

WEEK NINE All times Eastern

All times Eastern
Friday's games
Philadelphia at Toronto, 7:30 p.m.
Minnesota at Colorado, 9 p.m.
Saturday's games
Calgary at Philadelphia, 7 p.m.
Rochester at Burfalo, 7:30 p.m.
Washington at Edmonton, 9 p.m.
Sunday, March 6
Buffalo at Boston, 5 p.m.

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Crossword

1 Urban pollutant 5 Craftv 8 Mary's follower 12 Greek vowel 13 Spy org. 14 Hodgepodge 15 Traffic congestion 17 R.I. neighbor 18 "For — a jolly ..." 19 Consumed 20 Bundle of yarn 21 Banned insecticide 22 Greyhound carrier 23 Each and -26 Sleepwear, slangily 33 30 Having Y chromosomes 31 Nourished 32 Not active 33 Not upset (by) 35 Add fuel to the fire 36 12 (Abbr.) 37 Cheerful sound? 38 Lavered rock 41 Chick 42 "See va 45 Novice 46 Name in aircraft

48 Great story

Dem.

49 8-Across' mom 50 Peruse 11 German city 51 Frail 16 "- Sings the 52 Neither Rep. nor Blues" 20 Total 53 Agile 21 Rasta's braid 22 Evil 23 Ostrich's cousin 1 Unuttered "Alas" 2 Additional 24 Moving truck 3 Elevator name 25 Sprite 4 Wander (about) 5 Composer Joplin 27 Altar affirmative 6 Grown-up nits 28 Wapiti 7 Tibetan beast 29 Witness

9 Lotion additive 34 Orange "Sesame 10 Revealing skirt Street" Muppet 35 Polio vaccine dis-37 Battled for time 38 Crockpot creation 39 Advertise in a big way 40 Operatic solo 41 Formal dress 42 Road Runner's 26 Clampett patriarch 43 Once around the sun 44 Vortex

31 Shriner's hat 46 Floral neckwear 47 120 min. = 2 -➤ Yesterday's answer

В	L	T			A	L	P		Α	L	S	0
A	U	R	A		Н	Ε	R		Р	E	0	Ν
С	L	Α	Р		Α	G	0		Р	0	L	Ε
Н	U	М	P	S		S	0	Α	R			
			L	Α	G		F	L	0	R	Е	T
J	Α	N	1	T	0	R		A	В	0	٧	E
0	P	Ε	C		В	Α	Z		Α	٧	Е	R
Е	S	S	A	Υ		W	Ε	S	Т	E	R	N
L	Ε	T	Т	Е	R		D	0	1			
			1.	S	1	S		Υ	0	D	Ε	L
М	E	M	0		G	E	L,		Ν	0	L	0
1	R	Α	Ν		0	W	E		S	0	S	A
A	R	T	S		R	N	Α			M	E	N

Sudoku

		6				1		
					5		6	8
3	7		8	6				
							1	9
4	3	9				5	7	2
2	8							
				5	6		9	3
7	6		4					
		4				6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Ricky, my love! I just wanted to let you know how happy i am with you. Not a day goes by that i dont think of you and how lucky i am to have found you. Happy anniversary! JANE

Sandra O' You are the one and only person I could ever love. You have made me the happiest man in the world. you complete me, Will you marry me? LOVE JB

To my lovina husband Dave. I am so lucky to wake up to you everyday. I love you more and more everyday and look forward to the years ahead. With love SHAILEEN XO

Dear Niraj T, You are the love of my life, you've always been there for me. I have learned so much from you through the past years, Happy six years and three months baby. I love you. LOVE YOUR LIL ONE KN

A look at the weather

TODAY Min -25° Max -18°

WEDNESDAY Min -21° Max -8°

THURSDAY Min -12 Max -2°

4 6

5 7 4

4 6 9

5

8

3 4 8

6

9 7 6 3 4 2

Andrew Schultz, Meteorologist

2 8 1

4 3 7

8 2 6

1 6 4

7 9 5

2 3 8 6

5 2

3 1 9

5 2 3

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS 6AM



Today's horoscope

T Aries March 21-April 20

Avoid situations in which you don't have the final say in what takes place. Also avoid people who want to control everything. That kind of relationship is doomed to fail.

¥ Taurus April 21-May 21

Something is worrying you. Whatever it is, you won't get over it just by trying to put it out of your mind. You have to face up to the situation and then deal with it.

II Gemini May 22-June 21 Listen to what your inner voice tells you and ignore what everyone around you has to say. They may mean well, but they don't know you as well as you know yourself. Deep down you already know the answer.

Gancer June 22-July 22

cussing sensitive issues with loved ones. According to the want to hear your advice, especially if it requires a change of behaviour on their part.

people are saying. There may be no logical reason for your suspicions but logic has nothing to do with it.

My Virgo Aug. 24- Sept. 22 Someone will let you in on a secret today, but watch out because he or she may be using it as a hook to find out something that you would rather the world did not know about.

Tread carefully when displanets, they most likely don't

 Leo July 23-Aug.23 Your sixth sense can be trusted, so be on guard if you doubt what some

 ← Libra Sept. 23-Oct. 23 A deal of some kind may sound attractive but you need to find out more about it before you commit. If you get something, you will no doubt be asked to aive something in return.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

M Scorpio Oct. 24-Nov. 22

Don't get angry if you have to pay over the odds for something today. It's only money, and if you did not spend it on this you would spend it on something else, no doubt just as frivolous

→ Sagittarius

Nov. 23-Dec. 21 There is no point trying to keep something secret from the people who know you best because they can read you like a book. Whatever it is, own up to it.

り Capricorn Dec. 22-Jan. 20 If

you need to announce some bad news today, the best way is to come right out with it. The more you prevaricate, the more others will worry that it's earth-shatteringly terrible.

Aquarius Jan. 21-Feb. 18 You won't be thinking straight today, so expect your mind to play tricks on you. Now that you know that, you are less likely to make any spur-of-themoment decisions that will get

H Pisces Feb. 19-March 20 The more that others insist that you follow their lead, the more you will resist and go your own way. Always do what is right for you.

SALLY BROMPTON

vou into trouble.



You WIN! write it! Write a funny cap

tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro



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All illelasive belaxe IIII. May /

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MEXICO | Cancun/Riviera Maya Grand Sirenis Riviera Maya Hotel & Spa ⊕⊕⊕⊕ All-Inclusive • Junior suite • May 7

MEXICO | Los Cabos PRIVILEGES
Barceló Los Cabos Palace Deluxe ***

All-Inclusive • Deluxe junior suite • May 7 - 28

MEXICO | Los Cabos

Dreams Los Cabos Suites Golf Resort & Spa ***

Unlimited-Luxury* • Junior suite ocean view • May 7 - 28

MEXICO | Puerto Vallarta/Riviera Nayarit Crown Paradise Club Puerto Vallarta ���� All-Inclusive • Standard rm. • Mar. 19

MEXICO | Puerto Vallarta/Riviera Nayarit Meliá Puerto Vallarta ⊕⊕⊕⊕ PRIVILEGES All-Inclusive • Deluxe garden view rm. • Apr. 2 - 23

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Barceló Cayo Santa Maria ***
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\$999

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Add taxes & other fees: \$131

\$1299

\$1699

Add taxes & other fees: \$209

\$2669 Add taxes & other fees: \$209

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